

Goal Setting GUIDE

To achieve a dream, first, you must create a plan of action. When creating a plan, you must think about the amount of time, effort, and dedication achieving this dream may take. This Goal Setting Worksheet is a resource created for you to devise your plan of action for you to transform your dreams into reality. First, start by circling which Intentional Living Category this goal may fall under. Then, using present tense verbiage, as if you've already reached the goal, describe how you achieved your dream. This step will act as a manifestation technique in achieving. By using the present tense, you're actively envisioning yourself already succeeding. Next, fill in the timeline. In the grey boxes, describe the amount of time passing between each step in weeks or months, and in the pink space, describe your plan of action, what are you going to do or change in your life over this amount of time to achieve your dreams? Finally, offer yourself an incentive for achieving your milestones. Once completed, you have your finalized plan of action. Visit the blog, [4 Ways to Set Small & Achievable Goals in your Life](#), for more instruction, and finally, I wish you the best of luck in creating change in your life and beginning to live intentionally.

START DATE: _____

GOAL END DATE: _____

MIND / BODY CAREER / EDUCATION EXPERIENCE
 SELFCARE / RELAXATION LIFESTYLE DEVELOPMENT

TIME	1
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TIME	2
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TIME	3
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TIME	4
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Action Steps:

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